



Psychosis: Understanding Your Treatment Options

Sponsored by UC Davis Health, Office of Continuing Medical Education

Wednesday, December 13, 2017 • 8 a.m. – 2 p.m.

UC Davis Health Education Building, Lecture Hall 1222

UC DAVIS
**BEHAVIORAL HEALTH CENTER
OF EXCELLENCE**

behavioralhealth.ucdavis.edu



**The EDAPT
Clinic**

earlypsychosis.ucdavis.edu

AGENDA

- 8:00 a.m.** **Registration and Continental Breakfast**
- 8:30 a.m.** **Welcome and Introductions**
- 8:45 a.m.** **Understanding Psychosis**
Tara Niendam, Ph.D.
- 9:45 a.m.** **Cognitive Behavioral Therapy for Psychosis (CBTp)**
Laura Tully, Ph.D.
- 10:45 a.m.** **Break**
- 11:00 a.m.** **Medication**
Paula Wadell, M.D.
- 12:00 p.m.** **Lunch**
- 12:45 p.m.** **Benefits of Family Involvement**
Bonnie Hotz, Family Advocate
- 1:45 p.m.** **Closing Remarks**

Special thanks...

Psychosis: Understanding Your Treatment Options is made possible by the EDAPT Clinic Community Outreach Fund, thanks to the generosity of Dr. Stewart and Mrs. Ann Teal and Dr. John and Mrs. Sharen Gillette.

The quality, efficiency and impact of our work at the Behavioral Health Center of Excellence and at the EDAPT Clinics are directly related to our resources. To learn more about how you can support our goals and funding priorities, please contact Jennifer Scott, director of development, at (530) 601-3380 or jescott@ucdavis.edu.

COURSE OVERVIEW

This community education event aims to give care providers, nonprofit partners, individuals and families knowledge of treatment options available for those experiencing psychosis.

The course covers:

- Identifying symptoms of psychosis and accessing treatment as soon as possible
- Understanding treatment options such as:
 - Long acting injectable antipsychotic medications
 - Nutritional supplements
 - Cognitive Behavioral Therapy for Psychosis (CBTp)
 - Inclusion of family and caregivers in treatment services

LEARNING OBJECTIVES

- 1) Identify psychosis and access services quickly.
- 2) Discuss the benefits of long acting injectable antipsychotics.
- 3) Recognize the available evidence for the use of nutritional supplements.
- 4) Identify how to apply Cognitive Behavioral Therapy techniques with individuals with psychosis.
- 5) Discuss the benefits of including family and caregivers in all stages of psychosis treatment services.



ACCREDITATION

The University of California, Davis Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION

Physician Credit: The University of California, Davis, Health designates this live activity for a maximum of 4 *AMA PRA Category 1 Credits™*. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

AMA PRA Category 1 Credits™ can be used by multidisciplinary team members

Nurse: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts *AMA PRA Category 1 Credits™* (report up to 4 hours of credit and fill in “CME Category 1” for the provider number).

Physician Assistant: The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification.

Psychologist: You may petition the California Board of Psychology for CE credit for this activity. Please see http://www.psychology.ca.gov/licensees/ce_reporting_form.pdf for details.

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The Accreditation Council for Continuing Medical Education (ACCME) defines a commercial interest as any entity producing, marketing, re-selling, or distributing health care goods and services consumed by, or used on patients.

The following persons have disclosed no relevant financial relationships with commercial interests related to this CME activity:

NAME	ROLE IN ACTIVITY	COMPANY
Tara Niendam, Ph.D.	Course Chair	UC Davis
Laura Tully, Ph.D.	Speaker	UC Davis
Paula Wadell, M.D.	Speaker	UC Davis
Bonita Hotz	Speaker	UC Davis
Amanda Bery	Conference Coordinator	UC Davis

SPEAKER PROFILES



Tara Niendam

Tara Niendam, Ph.D., is a licensed clinical psychologist with specialized training in psychodiagnostic and cognitive assessment in youth at risk for or in the early stages of psychosis. As the Executive Director of the UCD Early Psychosis Programs, Dr. Niendam supervises clinic activities and staff and coordinates outreach and educational presentations within the community.



Laura Tully

Laura Tully, Ph.D., is a Licensed Clinical Psychologist and the Director of Clinical Training at the UC Davis Early Psychosis Program (SacEDAPT and EDAPT clinics). Dr. Tully provides instruction in evidence-based treatment and assessment approaches for youth experiencing psychosis, with an emphasis on CBT for psychosis in the context of the Coordinated Specialty Care model.



Paula Wadell

Paula Wadell, M.D., is an Associate Physician at UC Davis and the Medical Director of the UC Davis Early Psychosis programs. She is both an adult psychiatrist and a child and adolescent psychiatrist. She completed her medical school, residency and fellowship at UC Davis. Through these training programs she has experience with most inpatient and outpatient treatment programs in the Sacramento area.



Bonnie Hotz

Bonnie serves as the SacEDAPT Clinic Family Partner. Her experience living with a family member with a severe mental illness, as well as her family's previous involvement with the EDAPT Clinic as a client, provides a uniquely personal perspective to the clinical team. In the SacEDAPT Clinic, Bonnie provides support to families from this perspective including helping families communicate their needs and connecting them with available community resources.

UC Davis Early Psychosis Programs



The Early Diagnosis and Preventive Treatment (EDAPT) Clinics at the UC Davis Medical Center provide specialty care for individuals and their families who are experiencing their first episode of psychotic symptoms, as well as those who may be showing early warning signs of these symptoms. The clinics utilize cutting-edge assessment techniques to identify at-risk individuals early in their illness and provide comprehensive evidence-based treatment, focusing on consumer self-determination and family support as the path toward recovery. The two programs differ in which treatment components are provided.

The EDAPT Clinic serves individuals ages 12-40 and their families and/or caregivers who may be experiencing early warning signs of psychosis OR have experienced onset of psychosis in the past year. This program is for individuals with private insurance and private pay. The SacEDAPT program serves Sacramento County residents, who are ages 12-30 with MediCal or who are uninsured, and their family and/or caregivers.

Our Goals

We strive to provide treatment as early as possible in order to prevent the development of disease-related deficits and treatment-related side effects. These include decline in functioning that can occur with illness onset.

We work to empower individuals and interested caregivers to become active participants in their treatment and progress towards their personal, social and occupational goals.

Contact

earlypsychosis.ucdavis.edu

EDAPT (916) 734-3350 • SacEDAPT (916) 734-7251

Behavioral Health Center of Excellence

The Behavioral Health Center of Excellence at UC Davis is a state-wide leader in bridging neuroscience research, mental health care and policy to improve the lives of those touched by mental illness. Our work is driven by our dedication and vision to help create a brighter future in which science informs policy and research brings hope for people with mental illness.

Our IDEA

Innovation – Developing new approaches and interventions

Dissemination – Providing trainings for communities

Evaluation – Showing the impact of programs for individuals and communities

Adaptation – Making programs work with different communities or cultures

The Center focuses on three cores:

Administrative Core, hosts a public lecture series and statewide symposia to engage thought leaders and community members interested in the fields of neuroscience, mental and behavioral health, medicine, nursing and clinical care.

Evaluations and Outcomes Core, expertly measures mental health outcomes to inform evidence-based practices at the individual and population levels and serves as a valuable resource for statewide and national efforts.

Policy and Education Core, promotes mental health in California through policy development, implementation, and education and training at both the undergraduate and graduate levels.

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